



Dear friends and neighbors,

What a difference a bit of delightful weather makes! Seems like we are all breathing a sigh of relief and pleasure. May looks like it will be a beautiful and busy month for the village and Mill Valley. So please read on and we hope to see you at one event or another soon.

If you don't already subscribe to the Mill Valley Chamber's online blog, *Enjoy Mill Valley*, it is full of good tips and news about happenings around town (click [here](#) to subscribe). One recent example is the article below. As part of Marin Open Studios, Bank of Marin here in downtown Mill Valley will showcase several local artists including Mill Valley Village member and talented artist, Irene Belknap. For further details see the full article ([here](#)).



Bank of Marin to Showcase a Baker's Dozen of Mill Valley Artists as Part of Marin Open Studios – April 17-May 31, May 2nd Reception

The featured artists include a number of renowned locals: Barry Toranto, Melissa Pharm, Tom Zizzo, Doug Herr, Linda Wegmann, Irene Belknap, Meili Zhao Buinisma, Victoria Mimiaga, Tina Fossella, Nicholas Coley, Nance Miller, Liana Steinmetz and Tom Doyle. [FULL STORY](#).

To whet your appetite check out Irene's work in advance at her website, irenebelknap.com or her [link](#) on the Marin Open Studios site that gives more information about how to see her work at her studio here in Mill Valley.



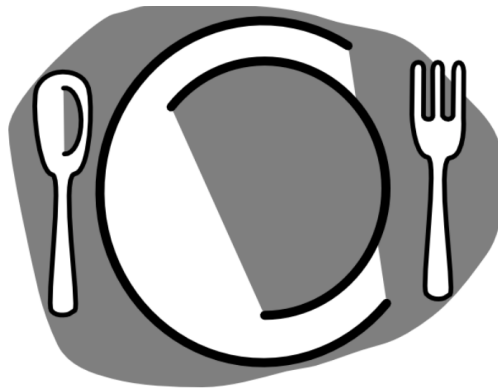
Another villager, volunteer Tim Horn, a long time favorite artist of ours is participating in the upcoming Marin Open Studios both weekends. We love Tim's oil paintings of all sizes and

have been keen admirers of his work for years. To find out more about his work and when and where to see it go to [Tim's entry](#) at the Marin Open Studios site. Tim's studio is a delight, chock full of work and well worth the jaunt to Fairfax for a visit.



Open Studio weekends this year are the first two in May, the 6th - 7th and the 13th - 14th. The Preview Gallery of participating artists' work is at the Sausalito Center for the Arts at 750 Bridgeway and will be open 11 - 6 from April 27th to May 14th. It is a great way, along with the [Marin Open Studios website](#), to choose your target studio visits and plan out the weekend. Take a look.

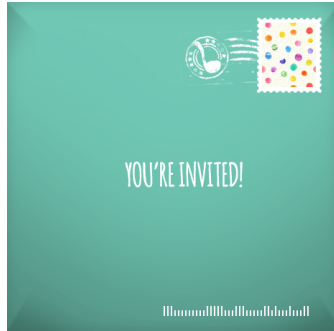
**May Luncheon - POSTPONED but
June Luncheon is ON for Monday, June 26th
Location to be Announced Next Month**



We realized that a Spring party (Sunday, May 21st) and a monthly luncheon the next day might be beyond even our well-honed social skills (and stamina), so we have chosen to postpone the planned May lunch and instead invite you to join us in June.

The luncheon in June will, as usual, be at 1pm on the fourth Monday, which makes it **June 26th**. As these luncheons are quite popular we urge you to make sure to reserve your seat by contacting Cathy Dunlap (415-608-8175 or millvalleyvillagenews@gmail.com) as soon as you know you can come, but no later than the week before so she can make sure there are enough seats reserved for all. **We will announce the location of the June luncheon in next month's newsletter so please stay tuned.**

Mill Valley Village “Spring Has Sprung” Open House Sunday, May 21st, 2:00 - 4:00pm

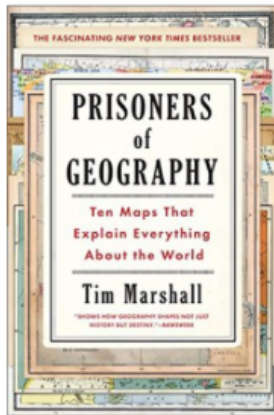


Spring has FINALLY sprung and it is time for our village to **celebrate** together once again. We can't wait to welcome you to another get-together at the **Golf Course Clubhouse**. It will be Open-House style from 2:00 - 4:00 so you can stop by for a few minutes or make an afternoon of it. It should be a lovely venue for the season, as we can throw open the many windows and doors to let in the Spring weather. We will enjoy light snacks, libations and sweet treats as we catch up with village friends.



So please plan to come join us between 2:00 and 4:00, Sunday, May 21 at the Mill Valley Golf Course Clubhouse at 267 Buena Vista Drive, a 3-minute drive from the corner of East Blithedale and Carmelita Avenue. At the end of Carmelita turn right onto Buena Vista Avenue. Continue past the Tennis Club until you see the Golf Course on your right. The Clubhouse is up the hill on your left with plenty of parking. Villagers will be waiting to greet you. No RSVP needed, just come by. And if you can, please offer rides to those you know could use a lift, as many who would normally offer to drive will be busy setting up awaiting your arrival. Village members may call the office (415-457-4633) to request a ride from a volunteer. Calling early is always a good idea. We look forward to seeing you there.

Recently Read and Recommended:
***Prisoners of Geography: Ten Maps That Explain Everything About the World*, by Tim Marshall**



Tim Marshall's book *Prisoners of Geography* was enthusiastically recommended by a fellow villager whose previous suggestions have been right on the mark. As suggested by the title, Marshall divides the book into ten chapters, each describing a different part of the world. He uses maps to explain how physical geography has affected the history of each area, focusing on recent well-known conflicts and issues. Marshall is a recognized authority on foreign affairs. He was diplomatic editor at Sky News and before that worked for the BBC and LBC/IRN radio. He has reported from 40 countries and covered conflicts in Croatia, Bosnia, Macedonia, Kosovo, Afghanistan, Iraq, Lebanon, Syria and Israel.

In reading reviews and references to *Prisoners of Geography* a recent article from *The Guardian* ("Are we really prisoners of geography?", Nov 10, 2022, by Daniel Immerwahr) grabbed my attention. Here are a few paragraphs that cemented my interest in reading Marshall's book - and the article ([click here](#)).

"Russia's war in Ukraine has involved many surprises. The largest, however, is that it happened at all. Last year, Russia was at peace and enmeshed in a complex global economy. Would it really sever trade ties - and threaten nuclear war - just to expand its already vast territory? Despite the many warnings, including from Vladimir Putin himself, the invasion still came as a shock.

But it wasn't a shock to the journalist Tim Marshall. On the first page of his 2015 blockbuster book, *Prisoner of Geography*, Marshall invited readers to contemplate Russia's topography. A ring of mountains and ice surrounds it. It's border with China is protected by mountain ranges, and it is separated from Iran and Turkey by the Caucasus. Between Russia and western Europe stand the Balkans, Carpathians and Alps, which form another wall. Or, they nearly do. To the north of those mountains, a flat corridor - the Great European Plain - connects Russia to its well-armed western neighbors via Ukraine and Poland. On it, you can ride a bicycle from Paris to Moscow.

You can also drive a tank. Marshall noted how this gap in Russia's natural fortifications has repeatedly exposed it to attacks. "Putin has no choice", Marshall concluded: "He must at least attempt to control the flatlands to the west." When Putin did exactly that, Marshall greeted it with wearied understanding, deploring the

war, but finding it unsurprising. The map “imprisons” leaders, he had written “giving them fewer choices and less room to maneuver than you might think.”

There is a name for Marshall’s line of thinking: geopolitics. Although the term is often used loosely to mean “international relations”, it refers more precisely to the view that geography - mountains, land bridges, water tables - govern world affairs. Ideas, laws and culture are interesting, geopoliticians argue, but to truly understand politics you must look hard at maps.”

After this bit of research, *Prisoners of Geography* is now at the top of my reading list. Hope you get a chance to check it out as well.

Looking for a Past Mill Valley Village Newsletter Here’s How to Find it (www.mvvillage.org)



The screenshot shows the homepage of the Mill Valley Village website. At the top is a navigation bar with the following links: ABOUT, MEMBERS, EVENTS, VOLUNTEERS, CONTACT, and ADMIN. Below the navigation bar is a large photo of a group of hikers on a trail. Underneath the photo is a row of links: Home, About, Benefits, Events, Calendar, Volunteer, and Newsletters. The main heading is "Mill Valley Village" in a large, bold, blue font. Below this is the tagline "Helping Mill Valley's older adults remain active, independent, and connected". There are three small photos showing people engaged in activities. Below these photos is contact information: Connie Dubin, Chair, with phone number 415-381-7606 and email millvalleyvillage@gmail.com; Volunteer Services, with phone number 415-457-4633 and email info@marinvillages.org; and a sign-up for monthly newsletters with email millvalleyvillageprograms@gmail.com.

Many of you are already familiar with our website, but if not, the photo above is our HOME page. You get here by entering www.mvvillage.org into your browser window or [clicking here](#). Once there you navigate to the rightmost heading under the large photo of hikers, aptly labeled “[Newsletters](#)”. Once you click on it you will see a list of all our prior newsletters, with the most recent first. Just click on any month and you will be shown a .pdf version of that newsletter that you can either peruse online to check out a specific program or event, print out a copy to read later or forward the newsletter to a friend interested in knowing more about the village. Thanks for checking it out.

Time for Another Booster? Second Bivalent Booster Authorized



As you have likely heard, the FDA recently authorized a second booster dose of the new bivalent vaccine introduced 8 months ago. A second booster is being made available to those considered most at risk of serious complications and are at least 4 months out from their last dose. The FDA also officially retired the original monovalent vaccine. Those now eligible for a second booster are people 65 and older and/or those with a chronic condition that puts them at higher risk for a bad outcome if they are infected. In the [April 21st status report](#), Dr. Willis provides background and advice for determining if you are eligible now for a second booster, and if so, why it might be time to get one. Or your first, if you have not yet done so. In the update, Dr. Willis reminds us that the virus remains active in our communities and that while the strains currently circulating have gained the ability to dodge our immune systems, making the original monovalent vaccines less effective, the new bivalent vaccine has proven effective at preventing serious illness from these same strains. Dr. Willis also points out that many of us at highest risk got our first dose of the updated bivalent vaccine when it first came out last September or October, and after 7 to 8 months, the protection from that booster has likely waned enough to make us more vulnerable to serious illness. He also recommends that if you have not received even one dose of the bivalent booster, now would be an excellent time to catch up and help keep yourself and your community safer. These boosters are now available at many local pharmacies. For help finding an appointment here is a link to the CDC's [Vaccine Finder tool](#). Go for it!

Events for May

We hope you will join us at one or more of the Mill Valley Village activities listed below. You can also find these events on our website at www.mvvillage.org under either the **Events** or **Calendar** tab. If you know a friend who would like to get our newsletter we hope you will let them know we would be happy to add them to our email list. To request to be sent our once-a-month email newsletter just send us a note at the following email address: millvalleyvillageprograms@gmail.com.

Mondays, May 1, 8, 15, 22 and 29, “Back Before Lunch Hikes”, 9am



These hikes, aimed at those looking for a shorter hiking option than our Friday hikes, have typically been 3.5 to 5 miles long, with an elevation gain of 600-800 feet and lasting about 2 hours. The group meets early Monday mornings and is “back before lunch”. The hike is very popular, not only for the wonderful hiking venues but for the connections forged on the trail. Sara Byruck is the long-time group coordinator and hike leader. For more information or to get on Sara’s email list contact her at sbyruck@gmail.com.

Mondays, May 1, 8, 15, 22 and 29, “Leisurely” Hikes, 9:30 am

This hiking option is for those who would like to get out on the trails but at a more leisurely pace than the “Monday Back Before Lunch” or Friday hikes. The new hikes are about two hours long with varying degrees of difficulty based on feedback from the group. We meet in Mill Valley to carpool and at 9:30 head to the hike starting point. If you are interested, please contact Sara Byruck at sbyruck@gmail.com. She is looking forward to hearing from you. As always sturdy shoes and water are essential equipment.

Tuesday, May 2, Recent Articles Group, 10:10am

Do you sometimes read a great article and want to discuss it with interesting Villagers? Join the Recent Articles Group on the first Tuesday of the month from 10:10 to 11:30. We explore any topic except politics and religion. For details contact Sue Steele (xerty.10@gmail.com or 415-388-7832).

Tuesday, May 2, Caregiving and Family - Challenges and Rewards, 1pm

Are you caring for a family member or friend? This group meets the first Tuesday of the month at a home near downtown Mill Valley. First convened in early 2015, the group has as its goal providing ‘support that recognizes one’s inner strengths and resiliency, no matter the circumstances’. If such a group might appeal to you, villagers are invited to contact Sara Byruck (sbyruck@gmail.com or 617-599-8116). Sara would be delighted to chat with you to see if it feels right. Give her a call.

Tuesdays, May 2, 9, 16, 23 and 30, Knitting and Needlework Group, 3pm

Have a knitting or needlework project you would like to undertake in the company of friends? If so this group might be for you. We meet weekly to discuss potential projects, enjoy each other’s company and encourage each other as progress is made. Beginners are welcome. Mill Valley Village members and volunteers, as well as those interested in finding out more about the village, are welcome to contact Sara Byruck (sbyruck@gmail.com or 617-599-8116) for more information.

Wednesdays, May 3 and 17, Men’s Coffee, 11:30am

This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join in. The group meets at restaurants and coffee shops around Mill Valley twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (415-250-6155 or irvgubman@gmail.com). The group meets the first and third Wednesdays at 11:30am.

Wednesday, May 3, Movie Group, 4pm

Once a month we get together via Zoom to meet, greet, enjoy each other’s company and talk about that month’s selected movie. In advance, we watch the movie and then talk about what struck us about it, what we liked (or not), what it made us think about, remember or yearn for...and on and on. Mill Valley Village volunteers and members who are interested in joining this group, please contact Seela Lewis (seelalewis@gmail.com).

Fridays, May 5, 12, 19 and 26, Hiking Group, 9am

Our hiking group is for serious hikers wishing to spend the day on the wonderful trails of Marin County. Hikes are scheduled weekly on Fridays and vary from moderate to strenuous. We take 45-60 minute lunch breaks with some of the most beautiful views around. What a great way to get some good healthy exercise and get to know your Village

neighbors better! If you are interested in joining us on the trail please contact Julian Brandes (jjb94941@gmail.com or 415-845-8392) for more information.

Wednesday, May 10, Coffee at the Sweetwater, 10:30am ☕

Please join us once again at our monthly get-togethers the second Wednesdays at 10:30 in the Sweetwater Music Hall. It is a casual plan, you come and go as you have time, sit and chat with friends and meet new ones, peruse the “lending library” for books to borrow and generally catch up with other villagers. If you are new to the village it is a great opportunity to get to meet other villagers. Or if you have only heard about the village and would like to know more, dropping by is an easy way to put a toe in the water. Please bring your own “cuppa” as the cafe is not open. You are also welcome to bring your own “nosh” but donuts will be provided. And don’t be surprised to see the main doors to the cafe CLOSED and locked with the lights off, we are still very welcome in the Music Hall via the side door.

Wednesday, May 17, Third Wednesday Walkers, 10am

We hold 2 - 3 mile flat terrain walks and/or excursions in varied places of interest, urban or rural, ocean or mountain, often carpooling to destinations and staying for lunch at local restaurants. We love to “get outta town”...but mostly within 20 to 40 minutes’ drive, or ferry or bus or train ride. Gathering in Mill Valley at 9:30 or 10 am we are usually home by 2. For more information or to get on the list to be sent details one week before the walk, contact Karen Robbins (karobbins@comcast.net or 415-519-3420).

Thursday, May 18, Book Club, 1pm

The monthly Book Club, now several years old, is being led by long-time group member Ginnie Job. The group, for local village volunteers and members, is kept small to encourage discussion and camaraderie. Occasionally space becomes available. If you would like to be placed on our waiting list or have questions please contact Ginnie (ginniejob4@gmail.com). She looks forward to talking with you.

Sunday, May 21, ‘Spring Has Sprung’ Open House, 2 - 4pm

Please join us for a party as we celebrate being together again as a village. It is open-house style at the Mill Valley Golf Course Clubhouse at 267 Buena Vista Avenue in Mill Valley. No RSVP needed, just come by. And if you can, please offer rides to those you know could use a lift, as many who would normally offer to drive will be busy setting up awaiting your arrival. Village members may call the office (415-457-4633) to request a ride from a volunteer. We look forward to seeing you there.

**Until next month, stay well.
We look forward to seeing you soon.**

